

Offerings Menu



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Introductory Call

An opportunity for a free 15-minute phone call to make introductions and discuss preliminary questions to see if you'd like to work with Spare Spoons.

| Free 15 mins. |

Advocacy

Appointment Prep. Session

Going to the doctor can be a stressful experience, especially when you feel unprepared walking into the appointment. For those of us within the chronically ill and disabled communities it can be even more harrowing. It can be hard to know how much to share, which information is relevant, and have a clear picture of our timeline of symptoms, diagnoses, previous testing, imaging, and interventions. I will conduct a video or phone call to help you organize your thoughts and guide you through determining what to have ready to communicate at your appointment. After the session, I will provide you with a comprehensive summary of the symptomology and its timeline, medications, family history, and questions for the doctor that we discussed. Throughout the process, I will hold space for any emotions that arise and affirm your strength and capability.

| \$50 per 30 mins. |

***Offerings with an asterisk signify services that do not require a scheduled call.**

Appointment Accompaniment

It can be daunting to face appointments alone, especially if you have had many other negative experiences. Let me make the process smoother. I will accompany you to your telehealth appointment or call in virtually for your in-person appointment and act as your advocate. I will take notes throughout the appointment so you can focus on the conversation. I can act as a second set of eyes and ears to assure you of your safety and dissuade providers from taking advantage. I can step in if your boundaries or rights are being violated or if we see that you are not being taken seriously. If we have had an appointment prep. session, I can also keep tabs on our game plan and ensure that all points prepared are appropriately addressed.

| Telehealth Appointment: \$50 per 30 mins. |

| In-Person Appointment, Virtual Support: \$60 per 30 mins. |

Appointment Debrief

As a chronically ill person, I've often found myself even more lost and frustrated *after* my medical appointments. Time and again, providers will suggest things you've already tried, skip steps in ruling out possible root causes of symptoms, and not take you seriously (especially if you are a woman, young, old, fat, queer, trans, etc...). After your appointment, you'll have the chance to process how it went and vent about any challenges that arose. Then, we can clarify your next steps together. Following our call I will provide you with a written plan of action empowering you to continue seeking the care you deserve.

| \$50 per 30 mins. |

\$10 Off Appointment Bundle: Prep, Accompaniment, and Debrief Sessions

Accommodations Session

If you're chronically ill or disabled it can often feel like the world is against you, as it wasn't designed to serve all of our needs by default. Unfortunately, this requires us to advocate for the changes necessary for success. This can mean asking for reasonable accommodations at work or school or learning to accommodate ourselves in our homes or out and about. When you grow accustomed to doing things one way, it can be hard to conceptualize an alternative on your own. Let's work together to simplify things so that energy is not wasted on the small, avoidable things.

We'll discuss some of your biggest challenges due to your symptoms and brainstorm solutions to these problems as a team. Whether it be environmental changes, tools to assist you in the kitchen, or requests to make of the special services office at school or your office supervisor, we'll work to make the world more equitable and pleasant for you.

| \$50 per 30 mins. |

***Medical Records Retrieval**

Medical records hold vital information for providers and patients to reference when reviewing medical histories and looking to the future. When we don't have access to this information, it can prolong the process and lead to unnecessary and expensive repetition of testing and interventions. But anyone who has attempted to acquire them knows how challenging it can be—especially if your doctor's office does not have a patient portal. Hand me the reins so that you can devote your energy to your true priorities. I will step in and hound the office (respectfully of course) until your records are in your hands. I can also ensure that everything is sent to each respective office. Finally, I can create one designated file for you to reference all records digitally and/or physically as needed.

| \$25 per Office |

| \$25 Digital File |

| \$30 Physical Binder + Shipping |

Planning

Schedule Building Session

When our health becomes a full-time job it can be hard to keep our head above water and stay on top of work/school responsibilities, appointments, chores, self-care, hobbies, and socialization. Sometimes this means shifting our priorities but needing a fresh pair of eyes to help us through the mental blocks. Let me help you curate a schedule tailored to your needs, desires, and values. We'll spend some time assessing priorities, discussing what does and doesn't work, and hopes and goals for your day-to-day life. Then I will provide you with a

proposed schedule tailored to your needs, incorporating a piece of each identified area of importance into each day.

| \$50 per 30 mins. |

Difficult Day Planning

Many of those with chronic conditions can experience symptom flareups in which they are particularly debilitating and it can be challenging to even cope with basic self-care tasks. Rather than feeling stuck and alone, resigned to days on end in bed, let's work together to create a "difficult day plan" where we make room for priorities even if they're on a smaller scale. We'll brainstorm ways in which you can accommodate yourself, delegate to others, and set realistic expectations for yourself and the day.

| \$50 per 30 mins. |

Food Brainstorming Session

Sometimes it's hard to think of enjoyable meal and snack ideas, especially with the limitations of dietary restrictions and/or food allergies. Chronic pain, fatigue, and other symptoms can also pose issues in the kitchen. Grocery shopping, meal prep, and cleanup can feel daunting. Together we can create a master list for you to draw on that meets your needs and taste.

| \$50 per 30 mins. |

***Weekly Meal Planning**

Even when we know the foods we enjoy, it can still feel draining to come up with a meal plan and shopping each week that meets our dietary needs, is affordable, and doesn't take too much time and energy to prepare. If we have had a Food Brainstorming Session, I can formulate what we've discussed into a menu, shopping list, and step-by-step instructions for preparation. If we have not and it is preferable to you, you can share a list of food you already know you enjoy and I can use that information to create the plan.

\$10 Off Food Bundle: Dietary Research*, Food Brainstorming Session, Weekly Meal Plan

***Can be found in the Research section of Offerings**

Research

***Dietary Research**

Though necessary, when faced with the challenges of new diagnoses, looking into the best dietary guidelines to support your body's needs can fall to the back burner. Allow me to do the legwork for you and compile the recommended nutritional goals for your condition(s) so that you can be nourished appropriately and fueled to tackle the day.

| \$50 |

***Provider Search**

It's a daunting task to find competent and kind specialists who are in-network with your insurance, at a reasonable distance. I will help you find providers who meet your needs so you don't have to deal with the hassle.

| \$25 per Provider |

***Insurance Benefits**

Sometimes it's hard to find the time and energy to get to know the ins and outs of the benefits offered on your insurance plan. I will look into your plan and ensure you're maximizing your benefits.

| \$50 |

***Treatment Options**

Though it should be the job of our medical professionals, we often have to lead our own care and symptom management. If you're feeling stuck in this rut, I can help you by compiling a list of treatment options that you may find beneficial which you can then present to your specialist for discussion and approval.

| \$50 |

***Resources**

It takes a village. With so many needs and stressors it's hard to know where to turn or what resources may be available. After identifying your needs and areas where you could use support I will compile a list of resources you may benefit from. Should this still feel overwhelming, I am also available to help you reach out to these recommended organizations.

| \$50 |

***Clinical Trials**

Sometimes it seems like every treatment option has been exhausted and the next steps are unclear. I'll research possible clinical trials for your conditions and present you with these choices. Should you be interested in moving forward with one of the trials I can further assist you with the application process.

| \$50 |

***Support Groups**

It can be isolating to cope with health challenges on your own, especially if your loved ones cannot fully empathize with what you're going through. I can research relevant support groups that can provide the opportunity to connect with others who understand your experience and can support you through your journey.

| \$50 |

Administrative

***Appointment Scheduling**

Say goodbye to waiting endlessly on hold or trying to contact your doctor's office. After confirming your availability, I can schedule your appointments for you.

| \$15 per Appointment |

***Appointment Confirmation**

I will call your provider's office and confirm your appointment date, time, and location to avoid miscommunication.

| \$5 per Appointment |

***Appointment Reminders**

It can be hard to keep track of all of your appointments when you struggle with brain fog, chronic fatigue, and/or ADHD. Put your mind at ease and avoid unnecessary cancellation fees by offloading that task to me. I will send you text and/or phone call reminders before the cancellation window and on the day of the appointment to assist you in making it on time.

| \$5 per Appointment |

***Transport Booking**

Are you overwhelmed by the prospect of arranging transportation to and from appointments or social engagements? Let me help you. I can organize pickup and dropoff of Access-A-Ride, Able-Ride, ambulettes, or car services. I can also try to source rides from volunteers, or charitable organizations within your community that offer transportation. Inquire for more details.

| \$15-30 per Appointment |

***Medication Refills & Delivery**

Are you sick of the mental load of securing timely medication refills and picking prescriptions up from the pharmacy? I can take on that task and arrange medication delivery on your behalf.

| \$15 per Month |

***Phone/Email/Portal Communications**

Have phone anxiety? Unavailable during business hours? Do you struggle to keep your written communications clear and concise? Let me handle your phone calls, emails, and/or patient portal message communications be they medically related or otherwise.

| \$15 per Communication |